



Making Friends with Fear

By Toni Elizabeth Sar'h

Now, before you get all confused about why you would focus on fear or attempt to befriend it, let's find some common ground here. The idea of "fear" is a concept, an idea about what a specific type of energy means to you. That is all that it is and since all energy is inherently neutral, you have decided that such and such or so and so cause fear for you. You are the "decider". You make the decision and then you call it real. So when I am talking about making friends with fear, what I am saying in essence is that you have an opportunity to befriend a neutral energy and change its interpretation in your life.



Is fear present in your belief system? By this I mean – do you worry, become anxious or distressed when something doesn't go the way you believe or think that it should? If so, not only are you attempting to control the outcome of some event, you are actually keeping that which you wish to experience from happening. You think you are holding the best and perfect thought, yet your vibrations fueled by emotion, betray your true feelings.

This is your chance to make friends with the energy that doesn't care what you call it, realigning into a transmission drawing to you the perfect experience. The feeling doesn't care what you think about it. It is neutral energy given a name by you so you can control the outcome of your experience. Make a different choice. Choose to use this free-floating energy to resonate with majestic experiences.

As your ego-personality appears on the world's stage each day, taking you for a symbolic walk through your reality's adventures, the beliefs that have been programmed into you, and I mean that literally, are in control of your emotions, your thoughts and your feelings. How many times a day do you actually stop and contemplate where you truly **are** in the scheme of the day rather than simply reacting to what's coming at you?

It is in this moment-to-moment breath that you have a choice. You may say to yourself, "I am so afraid that I cannot act." Or, you may say to yourself, "This experience is very unfamiliar and I am going to immerse myself in it so that I understand what it means to me as spirit." The choice is always yours in this free-will incarnation.

Everybody, well at least in the metaphysical world, seems to be talking about the Law of Attraction. Most of those folks are also talking about how it doesn't work for them and how they're not getting it. It's all so simple . . . probably too simple. You absolutely have to let go of your expectations, your attachment to outcome.



Well, doesn't that go against the law of the Law of Attraction, you might ask? No, it doesn't because although you usually believe that you are holding the thought and the feeling for what you wish to come to you, be it physically material or more subtly etheric, underlying all of that belief is your other belief, your conditioning, that it won't happen. That is the fear that I am referring to that you can befriend.

Since the Principle of Resonance cannot be fooled by your thoughts since it responds most fully to feeling, you can play with your mind all you want and still remain convinced that the outcome will be negative. What you truly feel will always win out because you cannot pretend to feel other than you really do. That is why taking the time to find out why you have decided to be afraid is so important.

Feelings and emotions are as ephemeral as the foam off the ocean. They appear, roll you around a bit and then disappear into the wind only to be replaced by another bit of foam – your next emotion, thought and feeling.

It can be quite off putting actually, because it seems like such a no-win situation. Until you stop, and I mean really **stop**, and fasten your attention on this moment – you know the blazing Now Moment you read and hear about. Why? Because it is only in **this** moment that you have the ability, the wherewithal, if you would, to change your emotion, hence your thought and then your feeling. And, you see, that is the key, the feeling. That is what the omni-verse responds to and by this I mean your real feeling, not the feeling you *say* you are having.

So if there is any fear involved within your belief system, welcome it and ask it why it has come to your attention. It is the reason you are stopped from receiving anything you desire from awareness of enlightenment to the brand new car you are lusting after. The omni-verse has no judgment on subtle desires vs. physical desires. It is all neutral energy. You are the creator. You are the progenitor of what you receive and what you experience.

The energetic signature you use as your cornerstone is your resonate creation. Only you have any control over it. No one else does ever. Either you are friends with all of yourself or you separate yourself from areas of you due to unwillingness to live as union. What will it be? Separation or union? Friendship or antagonism? You make the decision – NOW!